



SEATTLE PARKS  
AND RECREATION

# Helene Madison

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## POOL

SPRING 2004

Learn To Swim!

13401 Meridian  
Avenue North  
Seattle, WA 98133  
206-684-4979  
Fax 206-417-3136

### Things to Know

- Pool Dimensions: Shallow pool is 15yd x 40yd & Lap pool is 25yd x 15yd
- Water Temperature: 85° F
- 72 lengths = 1 mile
- Served by Metro buses #317 and #302
- Pool lift and portable steps for non-ambulatory patrons
- Family Changing room available
- Children 6 years and older must use the appropriate gender locker room.
- Children under 4 feet tall must have an adult with them at all times in the water.
- We accept MasterCard, Visa and American Express
- Please use the recycling containers or garbage cans located in the lobby, locker rooms and deck.
- Please no glass containers

## Helene Madison Pool

13401 Meridian Avenue North  
Seattle, WA 98133  
Phone: 206-684-4979 Fax 206-206-417-3136

Visit us online at [www.seattle.gov/parks!](http://www.seattle.gov/parks!)

### Hours of operation

Sunday	10:30 a.m. – 6 p.m.
Monday – Thursday	Noon – 8:30 p.m.
Friday	Noon – 8 p.m.
Saturday	Pool Closed

### Holiday closures

Monday, May 31, Memorial Day

### Program registration

**Swim Lesson Session 1 Registration begins March 25 @ 7 p.m.**

**Swim Lesson Session 2 Registration begins May 6 @ 7 p.m.**

### Program dates

March 29 – June 20, 2004

### Professional Staff

Ken Bounds, *Superintendent*  
Christopher Williams, *Operations Director*  
Kathie Huus, *Northwest Parks & Recreation Manager*  
Tom Ostrom, *Northwest Senior Recreation Coordinator*  
Corey Myers, *Aquatic Center Coordinator*  
Barb Marsh, *Assistant Aquatic Center Coordinator*  
Shawn Owens, *Senior Lifeguard*  
Kethy Wang, *PPT Cashier*  
Paul Casler, *Pool Operator*

### Rentals

Madison Pool is available to rent for special events and birthday parties! For more information, call 206-684-4979 during operating hours. Please allow 2 weeks advance notice for all rental requests. Standard fee for one hour pool rental for 30 swimmers or less is \$97.50. (Fee increases with additional swimmers.) We also rent the lobby for \$44.00 per hour. Payment required to hold reservation.

### Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle or Madison Pool Advisory Council (staff rental fees). PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash

only.) We are working on a system that will make online registration available.

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be re-scheduled whenever possible. If it cannot be rescheduled, the participant will receive a refund. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The prorated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

### Scholarships

The City of Seattle and Madison Pool try to ensure that swim lessons are available to everyone, regardless of their ability to pay. If you are interested in receiving a low-income reduced rate, please see our pool cashier for an application. Documentation is required to receive low-income rate.

### Waiting lists

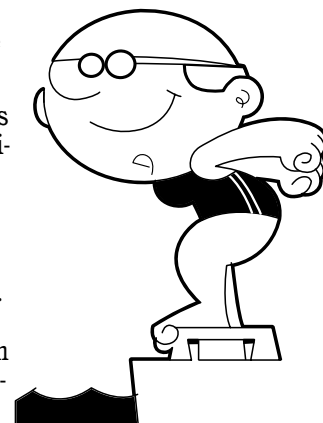
We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

### Class cancellations

A minimum of 4 students is required for all youth swimming classes. Programs may be combined or cancelled if minimum enrollment is not met. If a class is cancelled by the pool, the participant will be refunded. (See refund policy.)

### Volunteer Swim Instructor Aide

Looking for a way to give back to the community or engage in community service hours for high school credit? We are looking for people who can commit to a 1 1/2-hour block of time once or twice a week during our lesson program. All volunteers must complete a background check and go through a volunteer orientation. Call 206-684-4979 for more information.



## 2004 Fees and Charges

### Recreation Swim Prices

Children under 1 year	Free
Youth (ages 1 – 18)	\$2.25
Adult (ages 19 – 64)	\$3.25
Senior Adults (65 years & up)	\$2.25
Spec. Pop/ADA	\$2.25
Recreation Swim Card (\$22 value!)	\$20.00
Adult Monthly F.A.S.T. Pass*	\$45.00
Sr./Youth/ADA Monthly F.A.S.T. Pass*	\$35.00

### Fitness Prices

Adult Fitness	\$3.75
Sr./Youth/ADA Fitness	\$2.50
Fitness Swim Card (\$33 value!)	\$30.00

*Fees Subject to Change*



### Other Fees

"Just a Shower"	\$2.00
Towel Rental	50¢
Coin-Operated Locker	25¢
Goggles	\$4.00 – \$8.00
Caps	\$2.50 – \$7.00
Swim Diaper	\$1.00



**\*The F.A.S.T. Pass is** an unlimited personal monthly pass which allows you to access all fitness and recreational swim programs, sauna, and pool weight machine. Good at any City Pool! It's the best value for your buck!

## Learn to Swim



Seattle Parks and Recreation is pleased to offer FREE swimming instruction to children in 3rd and 4th grades. As an element of the Pro Parks Levy approved by voters in 2000, funding was provided for 3rd and 4th grade children enrolled in Seattle Public Schools. Through December 31, 2004, we are able to expand this FREE program to include children attending private schools or home-schooled students, who live within the City of Seattle. For more information on the "Learn to Swim" program, please call Madison Pool at 206-684-4979 or visit the web at

[www.cityofseattle.net/parks/aquatics/learntoswim.htm](http://www.cityofseattle.net/parks/aquatics/learntoswim.htm)

### Learn To Swim Lessons:

#### Session 1

L1 to 4	Mon	6:30 p.m.	3/29 – 6/7/04
L1 to 4	Tues	2:00 p.m.	3/30 – 6/8/04
L1 to 4	T/TH	5:00 p.m.	3/30 – 5/6/04
L1 to 4	T/TH	6:00 p.m.	3/30 – 5/6/04
L1 to 4	Wed	6:30 p.m.	3/31 – 6/9/04
L1 to 4	Sun	2:30 p.m.	4/4 – 6/13/04
L1 to 4	Sun	4:30 p.m.	4/4 – 6/13/04
L5 and 7	Mon	7:00 p.m.	3/29 – 6/7/04
L5 and 7	Wed	7:00 p.m.	3/31 – 6/9/04

#### Session 2

L1 to 4	T/TH	5:00 p.m.	5/11 – 6/10/04
L1 to 4	T/TH	6:00 p.m.	5/11 – 6/10/04

#### Walk-in Registration

Swim lesson Session 1 begins March 25 @ 7 p.m.

Swim lesson Session 2 begins May 6 @ 7 p.m.

# Swim Lessons

## Tot Swim Lessons

This Parent-Tot class helps introduce you and your child (6 months to 4 years old) to the pool. Emphasis is placed on your child learning to relax and become comfortable in this new environment. Basic swimming skills and water safety are taught. All small children are required to wear a 'swim' diaper or plastic pants under their suits in the pool.

**Age: 6 months to 4 years old**

**Fees: \$44.00**

### Session 1

**Registration is Thursday, March 25 at 7 p.m..**

<b>Tuesday</b>	<b>6:30 – 7 p.m.</b>	<b>Mar 30 – Jun 8</b>
<b>Thursday</b>	<b>6:30 – 7 p.m.</b>	<b>Apr 1 – Jun 10</b>

## Kinders Swim Lesson

Water adjustment and basic skills for the child 4 to 5 years old. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

**Age: 4 and 5 years old**

### Session 1

**Registration is Thursday, March 25 at 7 p.m..**

<b>Monday</b>	<b>6 – 6:30 p.m.</b>	<b>Mar 29 – Jun 7</b>	<b>\$40</b>
<b>No class 5/31/04, Memorial Day.</b>			

<b>Mon &amp; Wed</b>	<b>1:30–2 p.m.</b>	<b>Mar 29 – May 5</b>	<b>\$48</b>
<b>Tuesday</b>	<b>1:30 – 2 p.m.</b>	<b>Mar 30 – Jun 8</b>	<b>\$44</b>
<b>Tue &amp; Thu</b>	<b>5:30 – 6 p.m.</b>	<b>Mar 30 – May 6</b>	<b>\$48</b>
<b>Wednesday</b>	<b>6 – 6:30 p.m.</b>	<b>Mar 31 – Jun 9</b>	<b>\$44</b>
<b>Sunday</b>	<b>3 – 3:30 p.m.</b>	<b>Apr 4 – Jun 13</b>	<b>\$44</b>

### Session 2

**Registration is Thursday, May 6 at 7 p.m..**

<b>Mon &amp; Wed</b>	<b>1:30 – 2 p.m.</b>	<b>May 10 – Jun 9</b>	<b>\$36</b>
<b>No class 5/31/04, Memorial Day.</b>			
<b>Tue &amp; Thu</b>	<b>5:30 – 6 p.m.</b>	<b>May 11 – Jun 10</b>	<b>\$40</b>

## Beginning Youth Swim Lessons

Beginning youth swim lessons, levels 1 to 4. This lesson format provides a steady progression of classes for youth ages 6 to 13 years old that builds skills, teaches safety, and encourages fitness.

**Age: 6 years to 13 years old**

### Session 1

**Registration is Thursday, March 25 at 7 p.m..**

<b>Monday</b>	<b>6:30 – 7 p.m.</b>	<b>Mar 29 – Jun 7</b>	<b>\$40</b>
<b>No class on 5/31/04, Memorial Day.</b>			

<b>Tuesday</b>	<b>2 – 2:30 p.m.</b>	<b>Mar 30 – Jun 8</b>	<b>\$44</b>
<b>Tue &amp; Thu</b>	<b>5 – 5:30 p.m.</b>	<b>Mar 30 – May 6</b>	<b>\$48</b>
<b>Tue &amp; Thu</b>	<b>6 – 6:30 p.m.</b>	<b>Mar 30 – May 6</b>	<b>\$48</b>
<b>Wednesday</b>	<b>6:30 – 7 p.m.</b>	<b>Mar 31 – Jun 9</b>	<b>\$44</b>
<b>Sunday</b>	<b>2:30 – 3 p.m.</b>	<b>Apr 4 – Jun 13</b>	<b>\$44</b>
<b>Sunday</b>	<b>4:30 – 5 p.m.</b>	<b>Apr 4 – Jun 13</b>	<b>\$44</b>

### Session 2

**Registration is Thursday, May 6 at 7 p.m..**

<b>Tue &amp; Thu</b>	<b>5 – 5:30 p.m.</b>	<b>May 11 – Jun 10</b>	<b>\$40</b>
<b>Tue &amp; Thu</b>	<b>6 – 6:30 p.m.</b>	<b>May 11 – Jun 10</b>	<b>\$40</b>



## Advanced Youth Swim Lessons

These classes teach advanced skill and endurance through levels 5, 6, and 7. Classes are held in the deep water for children ages 6 to 13 years old.

### Session 1

**Registration is Thursday, March 25 at 7 p.m..**

<b>Monday</b>	<b>7 – 7:30 p.m.</b>	<b>Mar 29 – Jun 7</b>	<b>\$40</b>
<b>Wednesday</b>	<b>7 – 7:30 p.m.</b>	<b>Mar 31 – Jun 9</b>	<b>\$44</b>



## Madison Pool Spring 2004 Lesson Information

### Session I Registration is Thursday, March 25<sup>th</sup> at 7:00 PM

Class	Day	Time	Dates	Classes	Fee
<b>Tots</b> (6 months to 4 years)	Tuesday	6:30 - 7:00pm	March 30 – June 8	11	\$44.00
	Thursday	6:30 - 7:00pm	April 1 – June 10	11	\$44.00
<b>1 on 1 lessons</b>	Wednesday	5:30 - 6:00pm	March 31 – June 9	1 each	\$22.00
<b>2 on 1 lessons</b>	Wednesday	5:30 - 6:00pm	March 31 – June 9	1 each	\$32.00
<b>Kinders</b> (4 - 5 years)	Mon & Wed	1:30 - 2:00pm	March 29 – May 5	12	\$48.00
	Monday *	6:00 - 6:30pm	March 29 – June 7	10	\$40.00
	Tuesday	1:30 - 2:00pm	March 30 – June 8	11	\$44.00
	Wednesday	6:00 - 6:30pm	March 31 – June 9	11	\$44.00
	Tue & Thurs	5:30 - 6:00pm	March 30 – May 6	12	\$48.00
	Sunday	3:00 - 3:30pm	April 4 – June 13	11	\$44.00
<b>Beg Youth: Levels 1-4</b> (6 - 13 years)	Monday *	6:30 - 7:00pm	March 29 – June 7	10	\$40.00
	Tuesday	2:00 - 2:30pm	March 30 – June 8	11	\$44.00
	Tue & Thurs	5:00 - 5:30pm	March 30 – May 6	12	\$48.00
	Tue & Thurs	6:00 - 6:30pm	March 30 – May 6	12	\$48.00
	Wednesday	6:30 - 7:00pm	March 31 – June 9	11	\$44.00
	Sunday	2:30 - 3:00pm	April 4 – June 13	11	\$44.00
	Sunday	4:30 - 5:00pm	April 4 – June 13	11	\$44.00
<b>Advanced Youth:</b> <b>Levels 5-7</b>	Monday *	7:00 - 7:30pm	March 29 – June 7	10	\$40.00
	Wednesday	7:00 - 7:30pm	March 31 – June 9	11	\$44.00
<b>Swim Team Prep</b>	Tue & Thurs	6:00 - 6:30pm	March 30 – May 6	12	\$48.00
	Thursday	2:00 - 2:30pm	April 1 – June 10	11	\$44.00
<b>Special Populations</b>	Monday *	5:30 - 6:00pm	March 29 – June 7	10	\$40.00
<b>Adults</b>	Monday *	7:00 - 7:30pm	March 29 – June 7	10	\$40.00
	Wednesday	7:00 - 7:30pm	March 31 – June 9	11	\$44.00

### Session II Registration is Thursday, May 6<sup>th</sup> at 7:00 PM

<b>Kinders</b> (4 – 5 years)	Mon & Wed *	1:30 – 2:00pm	May 10 – June 9	9	\$36.00
	Tue & Thurs	5:30 – 6:00pm	May 11 – June 10	10	\$40.00
<b>Youth: Levels 1-4</b>	Tue & Thurs	5:00 - 5:30pm	May 11 – June 10	10	\$40.00
	Tue & Thurs	6:00 - 6:30pm	May 11 – June 10	10	\$40.00
<b>Swim Team Prep</b>	Tue & Thurs	6:00 - 6:30pm	May 11 – June 10	10	\$40.00

**\*POOL CLOSED — No Lessons on Monday, May 31, 2004, for Memorial Day**

# Swim Lessons

## Swim Team Prep Class

Competitive swimming skills and endurance training for youth with advanced swimming skills. This class focuses on the four competitive strokes; butterfly, backstroke, breaststroke and freestyle.

### Session 1

Registration is Thursday, March 25 at 7 p.m.

Tue & Thu 6 – 6:30 p.m. Mar 30 – May 6 \$48

Thursday 2 – 2:30 p.m. Apr 1 – Jun 10  
\$44

### Session 2

Registration is Thursday, May 6 at 7 p.m..

Tue & Thu 6 – 6:30 p.m. May 11 – Jun 10 \$40

## Special Populations Swim Lessons

30-minute swim lessons for participants with special needs. Participants may be placed in a small group lesson or receive 1:1 instruction based on individual needs.

### Session 1

Registration is Thursday, March 25 at 7 p.m..

Monday 5:30 – 6 p.m. Mar 29 – Jun 7 \$40  
No class on 5/31/04, Memorial Day.

## Adult Swim Lessons

All levels of instruction for ages 14 years old and older. Lessons are structured around the needs of the participants.

**Age: 14 years old and older**

Registration is Thursday, March 25 at 7 p.m.

Monday 7 – 7:30 p.m. Mar 29 – Jun 7 \$40  
No class on 5/31/04, Memorial Day.

Wednesday 7 – 7:30 p.m. Mar 31 – Jun 9 \$44

## Private Swim Lessons

Half-hour 1:1 private or 2:1 semi-private lessons allow for customized instruction to meet individual needs. Other times may be available if instructors can be scheduled. Call Madison pool at 684-4979 for further information.

Payment required to register.

### Session 1

Private lessons can be scheduled for the whole session or by individual dates.

Wednesday 5:30 – 6 p.m. Mar 31 – Jun 9

1:1 half-hour lesson \$22 each class

Wednesday 5:30 – 6 p.m. Mar 31 – Jun 9

2:1 half-hour lesson \$32 each class

## Lifeguarding Class

Become certified in American Red Cross: Lifeguarding, First Aid, CPR for the Professional Rescuer, Oxygen Administration and Preventative Disease Transmission. **Attendance is required at all classes and successfully passing all tests and skills are required to obtain certifications.**

Call now to be put on the class list. Payment is due on April 2, 2004 after successfully passing pretest. Swim pre-test on April 2, 2004 at 7:30 p.m..

**Age: 15 years old or older**

Tue & Fri 6 – 9:30 p.m. Apr 9 – May 13 \$90  
additional fee for books

## Water Safety Instructor Class

This American Red Cross certification class will teach you skills to teach swim lessons.

Please call 684-4979 to register for the class. Class fee of \$100.00 will be due on May 3, 2004 after successfully passing the pretest.

**Instructor: Corey Myers**

**Age: 17 years or older**

Monday 6 – 9 p.m. & Wednesday 5:30 – 8:30 p.m.  
May 3 – Jun 7

**\$100; Books not included, may purchase books from American Red Cross 206-323-2345**

# Summer Swim League

## Summer Swim League

Summer Swim League program helps bridge the gap between our lesson programs and the USS/USA Swim Clubs. We hope to provide a positive team experience for novice swimmers, as well as teach the skills needed to become competitive swimmers in a fun, low-pressure situation.

Madison Pool Dual meets: Friday, July 9th and Friday, July 16th. Dual meet warm-up starts at 5 p.m. and Meet starts at 6 p.m..

North Division Swim Meet: Saturday, July 24th

All City Swim Meet: Saturday, July 31st

Division and All City Meet Warm up starts at 8 a.m. and Meet starts at 9 a.m.

Registration begins May 17, 2004

**Age: 7 to 18 years old**

**Jun 21 – Jul 31**

**Fees: \$75**



## Water Fitness

Adult Fitness	\$3.75	No registration required, drop-in admission.
Sr/Youth/ADA Fitness	\$2.50	<b>Mon &amp; Wed</b> 7:30 – 8:30 p.m.
Fitness Swim Card (\$33 value!)	\$30.00	<b>Tue &amp; Thu</b> Noon – 1 p.m.

## Water Exercise

An exercise program in shallow water that incorporates aerobics, strengthening, stretching and flexibility techniques. This class is done to music. No swimming is required. No registration required, drop-in admission.

<b>Sunday</b>	<b>10:30 – 11:30 a.m.</b>
<b>Mon &amp; Wed</b>	<b>Noon – 1 p.m.</b>
<b>Tue &amp; Thu</b>	<b>7 – 8 p.m.</b>

## Hydro-Fit Deep Water Exercise Class

A non-impact deep water class that incorporates muscular strengthening, aerobic conditioning, and abdominal toning exercises. This suspended deep water class uses flotation equipment for buoyancy and water resistance. This class is done to music.

## Deep Water Jogging Class

Deep water jogging is a non-impact exercise program held in the deep end of the pool designed to give the participant an aerobic workout while developing muscle tone and endurance. A flotation belt is used to keep the head above the water, however, participants should be comfortable in deep water. The class is lead by an instructor and is done to music. No registration required, drop-in admission.

<b>Friday</b>	<b>12:30 – 1:15 p.m.</b>
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## Adult Masters Workout

A coached workout for the experienced swimmer. Focus is on speed, strength, and endurance. No registration is required, drop-in admission.

<b>Age: Adults</b>	
<b>Tue &amp; Thu</b>	<b>6:30 – 7:30 p.m.</b>
<b>Sunday</b>	<b>10:30 – 11:30 a.m.</b>

## Adult & Senior Lap Swim

A recreational swim for adults ages 18 years and over. Four lap lanes are available. A two-lane area is open for personal fitness or rehab exercises. On Tuesdays and Thursdays from Noon to 1:00 p.m., and Fridays from 12:30 – 1:15 p.m. the deep end of the two-lane area will be closed for deep water exercise classes. No registration required, drop-in admission. *The shallow pool is occasionally reserved for classes during this time.*

Mon – Fri	Noon – 3 p.m.
Tue & Thu	7:30 – 8:30 p.m.
Sunday	11:30 a.m. – 1 p.m.

## Lap Swim

A continuous lap swim in lanes designated as Slow, Medium, and Fast. Swimmers follow a posted set of lap swim guidelines. This swim is for all age lap swimmers. No registration required, drop-in admission.

Mon, Wed & Fri	6 – 7 p.m.
Sunday	5 – 6 p.m.

## Public Swim

This a recreational swim for all ages. **Children under 4 feet tall and under 6 years old must be accompanied by an adult into the water and remain within arms length of the child at all times.**

Mon & Wed	7:30 – 8:30 p.m.
Friday	7 – 8 p.m.
Sunday	1 – 2:30 p.m.

## Family Swim

This swim is for the whole family. A great swim for families to play together. Flotation toys are allowed in the shallow end at the lifeguard's discretion. *Youth under 18 years of age must be accompanied into the pool by an adult.*

Friday*	6 – 7 p.m.
Sunday	3:30 – 4:30 p.m.
Sunday*	5 – 6 p.m.

\*Shallow end of pool only on Fridays at 6 p.m. and Sundays at 5 p.m.

## Swimming Pool Rentals

Have a Swimming Birthday Party! We rent Madison Pool for special occasions!

**Fees begin at \$97.50 for a one-hour pool rental for up to 30 people. Pool rentals for over 30 people in the pool require additional lifeguards and additional fees will be charged per additional lifeguard.**

We also rent the lobby for \$44 per hour when the pool is closed, or \$25 per hour to rent the lobby when the pool is open. Please call the pool cashier for availability and further information.

## Special Events

### April Pools Day!

Seattle Parks and Recreation Department swimming pools join Children's Hospital and Regional Medical Center, Seattle-King County Drowning Prevention Network, Washington Recreation and Parks Association and numerous aquatic facilities throughout Washington State in hosting April Pools Day, a family water safety event.

This annual event was initiated 11 years ago in an effort to reduce accidental drownings, increase water safety awareness and promote life jacket use. The theme for this year's event is: Know the Water, Know your Limits, Wear a Life Jacket. Participants will have an opportunity to take part in hands-on water games and activities, as well as learn valuable life saving skills.

Sunday, April 18	1 – 2:30 p.m.
FREE	



# Spring 2004 Time Table

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>10:30 am</b>	<b>Masters</b> 10:30-11:30am  <b>Water Exercise</b> 10:30-11:30am	Seattle Public Schools	Seattle Public Schools	Seattle Public Schools	Seattle Public Schools	Seattle Public Schools
<b>11:30 am</b>	<b>Adult &amp; Senior Lap Swim</b> 11:30 am- 1 pm	Seattle Public Schools	Seattle Public Schools	Seattle Public Schools	Seattle Public Schools	Seattle Public Schools
<b>12 pm</b>		<b>Adult Lap Swim</b> 12 - 3 pm  <b>Water Exercise</b> 12 - 1pm	<b>Adult Lap Swim</b> 12 - 3 pm  <b>Hydro-Fit Deep Water Exercise</b> 12 - 1 pm	<b>Adult Lap Swim</b> 12 - 3 pm  <b>Water Exercise</b> 12 - 1 pm	<b>Adult Lap Swim</b> 12 - 3 pm  <b>Hydro-Fit Deep Water Exercise</b> 12 -1 pm	<b>Adult Lap Swim</b> 12 - 3 pm  <b>Deep Water Jogging</b> 12:30 - 1:15 pm
<b>1 pm</b>	<b>Public Swim</b> 1 -2:30 pm	<b>Kinders Lesson</b> 1:30 - 2 pm	<b>Kinders Lesson</b> 1:30 - 2 pm	<b>Kinders Lesson</b> 1:30 - 2 pm		<b>Evergreen School</b> 1:15 – 2:30pm
<b>2:30 pm</b>	<b>Youth Lessons</b> 2:30 -3 pm		<b>Youth Lessons</b> 2 - 2:30 pm		<b>Swim Team Prep Class</b> 2 - 2:30 pm	
<b>3 pm</b>	<b>Kinders Lesson</b> 3 - 3:30 pm					
<b>3:30 pm</b>	<b>Family Swim</b> 3:30 - 4:30pm	<b>Cascade Swim Team</b> 3:30 – 6 pm	<b>Cascade Swim Team</b> 3:30 – 6 pm	<b>Cascade Swim Team</b> 3:30 – 6 pm	<b>Cascade Swim Team</b> 3:30 – 6 pm	<b>Cascade Swim Team</b> 3:30 – 6 pm
<b>4:30 pm</b>	<b>Youth Lessons</b> 4:30 - 5 pm					
<b>5 pm</b>	<b>Family Swim</b> 5 - 6 pm  <b>Lap Swim</b> 5 - 6 pm		<b>Youth Lessons</b> 5 - 5:30 pm  <b>Kinders Lesson</b> 5:30 -6 pm		<b>Youth Lessons</b> 5 - 5:30 pm  <b>Kinders Lesson</b> 5:30 - 6 pm	
<b>5:30 pm</b>		<b>Special Pop Lessons</b> 5:30 -6 pm.		<b>Private Lessons</b> 5:30 -6 pm		
<b>6 p.m.</b>		<b>Lap Swim</b> 6 - 7 pm  <b>Kinders Lesson</b> 6 - 6:30 pm	<b>Youth Lessons</b> 6 - 6:30 pm  <b>Swim Team Prep</b> 6 - 6:30 pm	<b>Kinders Lesson</b> 6 - 6:30 pm  <b>Lap Swim</b> 6 - 7 pm	<b>Youth Lessons</b> 6 - 6:30 pm  <b>Swim Team Prep</b> 6 - 6:30 pm	<b>Family Swim</b> 6 - 7 p m  <b>Lap Swim</b> 6 - 7 p m
<b>6:30 pm</b>		<b>Youth Lessons</b> 6:30 - 7 pm	<b>Masters</b> 6:30 - 7:30 pm  <b>Tot Lessons</b> 6:30 - 7 pm	<b>Youth Lessons</b> 6:30 - 7 pm	<b>Masters</b> 6:30 - 7:30 pm  <b>Tot Lessons</b> 6:30 - 7 pm	
<b>7 p.m.</b>		<b>Adult Lessons</b> 7 - 7:30 pm  <b>Adv Youth Lessons</b> 7 - 7:30 pm	<b>Water Exercise</b> 7 - 8 pm	<b>Adult Lessons</b> 7 - 7:30 pm  <b>Adv Youth Lessons</b> 7 - 7:30 pm	<b>Water Exercise</b> 7 - 8 pm	<b>Public Swim</b> 7 - 8 pm
<b>7:30 pm</b>		<b>Hydro-Fit Deep Water Exercise</b> 7:30 - 8:30 pm  <b>Public Swim</b> 7:30 -8:30 pm	<b>Adult Swim</b> 7:30 - 8:30 pm	<b>Hydro-Fit Deep Water Exercise</b> 7:30 - 8:30 pm  <b>Public Swim</b> 7:30 -8:30 pm	<b>Adult Swim</b> 7:30 - 8:30 pm	